

Million Clicks for Million Hearts Rules:

- You cannot stand at the clock and click-in repeatedly.
- If doing multiple walks around the trails, you can click-in every time you complete the loop and pass the clock.
- Strive to do a walk for at least a mile, beginners can start with a ten minute walk and increase time from there.
- You can click-in multiple times throughout the day.
- You cannot give your clicker to someone else to use.
- If you lose your clicker, you may receive one replacement.
- *Most important rule: don't forget your clicker and have fun!*

